## ABSTRACT OF THE DISCLOSURE

Roll-able dumbbells are disclosed. An improved roll-able dumbbell utilizing gravitation and roll-resistance is presented having a handle and a plurality of circular weights attached to its ends. Regular dumbbells are generally held in hands and lifted up and down. The improved roll-able hand weights, in addition to providing benefits of a regular dumbbell, can be held and rolled against a variety of horizontal, slanted or vertical surfaces in a multitude of body positions. Each entire circular weight, its outer segments and/or the surface layer can rotate independently in respect to the handle. In addition, rotational resistance can be influenced by the user by tightening/loosening the end caps or other means. The total weight of the improved roll-able hand weights can also be adjusted by the user, who can select proper number and combination of individual components.